

# Accessing QuitNet Directly

Step 1: Go directly to the QuitNet website. <http://wellmark.quitnet.com>.

IN ORDER TO SUCCESSFULLY ACCESS QUITNET DIRECTLY, YOU MUST HAVE PREVIOUSLY SET UP A GOAL TO QUIT SMOKING IN HEALTH & WELLNESS TOOLS AND PREVIOUSLY VISITED QUITNET.

The screenshot shows the QuitNet website in a Windows Internet Explorer browser window. The browser's address bar displays <http://wellmark.quitnet.com/>. The website's header features the QuitNet logo with the tagline "QUIT ALL TOGETHER". To the right of the logo is a "MEMBER LOG IN" section with fields for "username" and "password", a "GO" button, and a "Forgot Password?" link. Below the header, a "Quitting Stats" banner shows "167,965 years, \$2,064,459,910 \*" and a link to "Enter as a guest". The main content area is divided into several sections: a "DON'T QUIT ALONE" section with a collage of faces and a quote from a member; a "Who's online?" section showing "621 people online right now" and "7252 anniversaries today!"; a "Start Your FREE quit smoking support program now!" section with a form for "How much lifetime & money" and "How soon" after waking; a "WHAT OUR MEMBERS SAY" section featuring a testimonial from "lumibina"; and a "Learn from our science-based tobacco cessation resources" section with links to "Get quitting tips and advice from expert counselors", "Get support from the QuitNet community", "Create your own quit tobacco plan", and "Get help when you need it and have fun!". At the bottom, a disclaimer states that the site is not meant to replace professional advice. The browser's status bar at the bottom shows "Internet" and "100%" zoom.

Quit Smoking All Together with QuitNet.com - Stop Smoking Help and Cessation Support - Windows Internet Explorer

<http://wellmark.quitnet.com/>

Quit Smoking All Together with QuitNet.com - Stop Sm...

**QUITNET®**  
QUIT ALL TOGETHER

MEMBER LOG IN [Forgot Password?](#)

username

password  [GO](#)

Quitting Stats: 167,965 years, \$2,064,459,910 \* [Enter as a guest](#)

**DON'T QUIT ALONE®**

"I have two friends quitting with me. Add QuitNet to that, and it's myself and hundreds up against the Nicodemon!"

-a QuitNet member

[¿ Habla Español?](#)

**Who's online?**  
621 people online right now  
7252 anniversaries today!

**Start Your FREE quit smoking support program now!**

How much **lifetime & money** has the Nicodemon stolen from you!

On an average day, **how many** cigarettes do you (or did you) smoke?

(Non-smokers put "0")

**How soon** after you wake do you smoke your first cigarette?

-- Choose One --

Enter **Postal Code** :

[Get Started Now!](#)

**WHAT OUR MEMBERS SAY**

**lumibina says:**

Remember: Whether you smoke or not, craves will pass, like an itch you don't scratch. Don't fight the craves, experience them and realize what they really are - nothing special.

[read more](#)

**Learn from our science-based tobacco cessation resources.**

**Get quitting tips and advice from expert counselors.**

**Get support from the QuitNet community.**

**Create your own quit tobacco plan.**

**Get help when you need it and have fun!**

\*Estimated savings of members since June 1997

Launched in 1995, QuitNet is the Web's original quit smoking site. QuitNet is owned by [Healthways](#).

Disclaimer: Although QuitNet is dedicated to providing comprehensive resources and support for people trying to give up smoking, this site is not meant to replace the advice of a physician. You should not rely on any information on these pages, or information generated for you by this site, to replace consultations with qualified professionals regarding your own specific situation.

Internet 100%

Step 2: Enter your username and password. Click on Go.

The username is the same username that you use to log in to [www.wellmark.com](http://www.wellmark.com). The password is your QuitNet lifetime membership password.

The screenshot shows a Windows Internet Explorer browser window displaying the QuitNet website. The address bar shows the URL [https://wellmark.quitnet.com/f/qn\\_welcome.html?Login=1&659350](https://wellmark.quitnet.com/f/qn_welcome.html?Login=1&659350). The website header includes the QuitNet logo, a cartoon character, and a navigation menu with links: MY QUIT, COMMUNITY, RESOURCES, EXPERT SUPPORT, and QUIT MED SUPPORT. A welcome message says "Welcome back, JConway99!". Below the navigation menu, there are several sections: "MY QUIT" with links to Quit Date Wizard, Profile, Calendar, Journal, and Certificates; "Stats" showing 613 People, 167 Members, and 7250 Anniversaries today; "My Quit" section with "My Stats" (No Quit Date set) and "Visits to QuitNet: 2"; "Q-Features you haven't used yet" with links to Quit Date Wizard, My Profile, Buddies, Journal, Forums, Q-Clubs, Chat, Q-Mail, My Quitting Guide, and Why do you smoke?; "Your Buddies" and "Your Club Memberships" both showing "None"; "TESTIMONIALS" featuring a testimonial from basilica; "MY QUITTING GUIDE" with links to Why Quitting Is Hard, Methods Of Quitting, and Preparing For Quit Day; and "NEWS HEADLINE" with a link to Pa. Smoking Ban Signed into Law. At the bottom, there are sections for "Email Support" (You are currently NOT subscribed to support emails. Click here to find out more and sign up for these essential emails.) and "Local Programs" (Get more support through one of these local). The browser window also shows a search bar with "Google" and a status bar at the bottom indicating "Internet" and "100%".